

Blood Glucose Monitoring

I have discussed with my health care provider, why I should monitor my blood sugar and how often I should monitor the level. I realize that blood sugar changes throughout the day and is higher after eating and that monitoring my blood sugar will tell me how well my diabetes is controlled.

- It will help in choosing foods I eat and the activity I plan.
- It will help me and my health care provider determine if my diabetes medication is working optimally.
- It will help determine the effects of stress on me.
- If I become ill, it will help me and my health care provider determine if my diet or medications need to be adjusted.
- If my blood sugar level is in the:

Red zone– I should call my health care provider because my sugars are too high or too low.

Yellow zone– is caution and I may be headed in the wrong direction. I should refer to my patient guide for preventing high or low blood sugar levels.

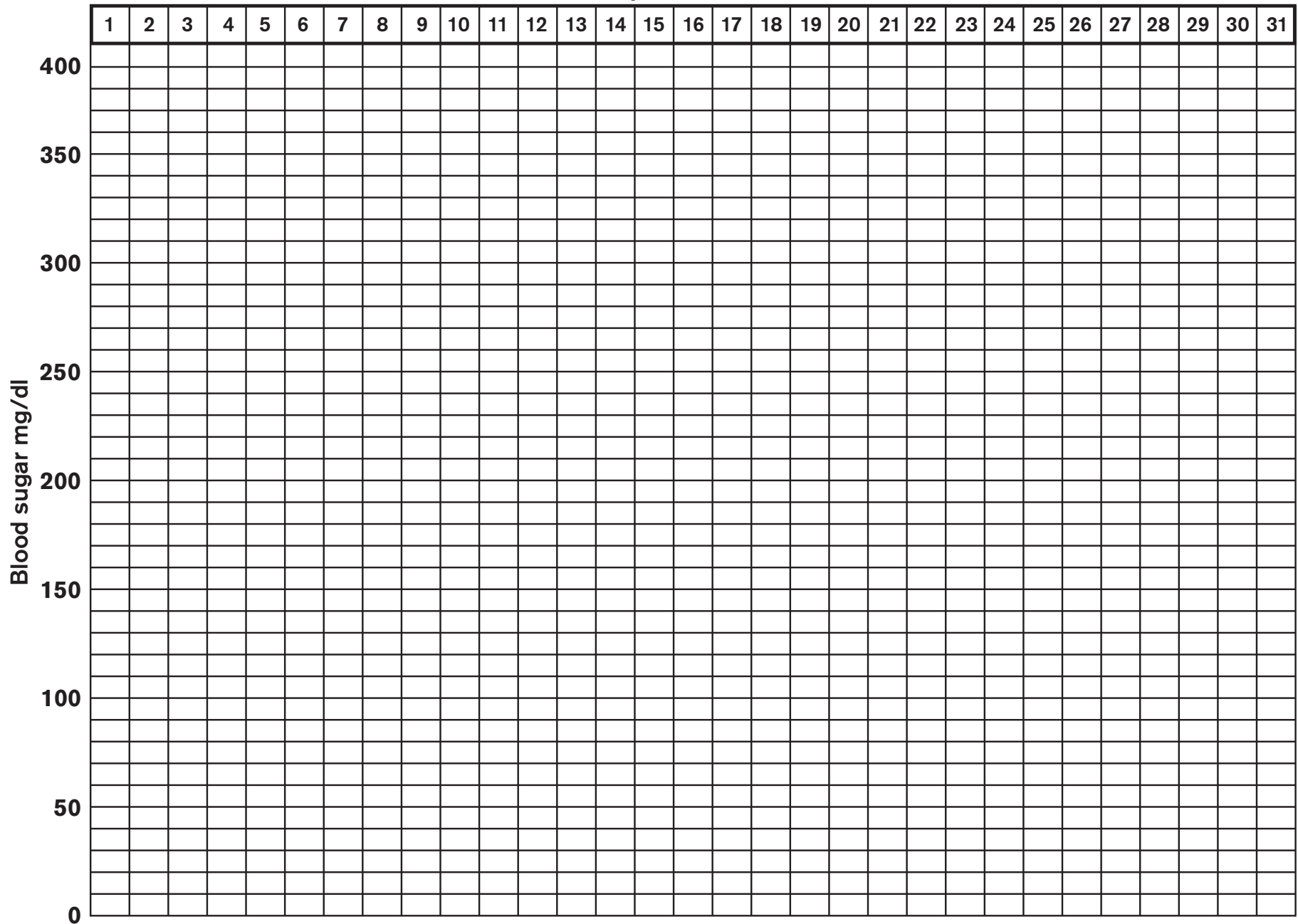
Green zone– is good control.

My health care provider and I have agreed that I will test (circle) before/after meals, activity, at bedtime and ___ times per day/week/month.

Patient Signature: _____ Provider Signature: _____

My Blood Sugar Results for the Month of _____

Day of the month



Red, yellow and green zones are established by patient and provider.

Use "X" to mark your blood sugar level if tested before meals. Use "O" to mark your blood sugar level if tested after meals.